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McIntosh, Minnesota



Dakota and Divinity Hedlund, with their escort Uncle Brady Jones had so much fun at the Win-E-Mac Patriot Pride Booster Club sponsored event, A Night to Remember, held yearly at the school.



Rosie Subbert and her dad, Kevin, enjoyed an evening of dining and dancing at the Patriot Pride Booster sponsored A Night to Remember event. An annual event for elementary girls and their male role models.

The days of Holy Week

Easter Sunday is often described as the holiest day on the Christian calendar. A day when Christians across the globe commemorate and celebrate the resurrection of Jesus Christ, Easter Sunday is the culmination of the Lenten season of sacrifice. Easter Sunday comes on the heels of Holy Week, which is the most sacred week in the liturgical year in Christianity. Holy Week consists of various days that have their own special significance in the minds and hearts of Christians.

Palm Sunday
Palm Sunday marks the beginning of Holy Week. Trinity College at the University of Melbourne notes that Palm Sunday commemorates Jesus's entry into Jerusalem, where he was greeted with crowds that enthusiastically waved palm branches. In commemoration of that entry and greeting, Christians receive palm branches or palm crosses during Palm Sunday Mass.

Holy Wednesday

The 133rd McIntosh Annual Fireman's Ball is this weekend at Fire Hall

The McIntosh Fire and Rescue Squad is proud to announce the 133rd Annual Fireman's Ball. The event will be held on Saturday, April 1, 2023, with all events being held at the McIntosh Fire Hall.

A steak and fries supper will be held at the McIntosh Fire Hall from 5:00 pm - 7:30 pm with a suggested donation of \$15 per meal. There will be limited seating at the Fire Hall to dine in, and an option for take out is available. If you would like take-out, indicate your desired pick-up time on the reservation ticket that was mailed to residents in the service area of the McIntosh Fire Department.

After the supper the fun will continue with a beer garden along with corn hole and other games and fun. There will also be drawings held for raffle tickets.

The McIntosh Fire and Rescue Squad is very proud of the service they provide to the City and rural areas. They are continuously training to provide the best volunteer services possible and with your support, they are able to purchase much needed equipment and supplies. Also, each donation helps pay for continued training in the fire, rescue, and medical areas.

The current members of the McIntosh Fire and Rescue Squad with their years of service are as follows:

- Fire Chief: Justin Shultz, 14 years



- Assistant Chief: Toby Strom, 19 years
- Ron Lemer, 27 years
- Mark Strom, 24 years
- Ken Kasprzak, 22 years
- Rick Grove, 16 years
- Dave Senn, 16 years
- Brook Simonson, 11 years

- Mark Simonson, 11 years
 - Josh Long, 6 years
 - Kyle Klein, 5 years
 - Davin Swanson, 5 years
 - Dave Erickson, 5 years
 - Luke Syverson, 4 years
 - Lucas Thom, 4 years
 - Hunter Smeby, 4 years
 - David Conley, 4 years
 - Seth Senn, 3 years
 - Matt Thompson, 3 years
 - Nick Drellack, 2 years
- Please return your tickets that were sent to be eligible for the door prizes, even if you choose not to attend the supper and ball.
- Additional tickets are available at the door or contact any fireman to purchase tickets.
- Come out for a night of fun with the McIntosh Fire and Rescue Squad.

Become a Storm Spotter with 2023 SkyWarn Training

Polk County Emergency Management, in conjunction with the National Weather Service, will be conducting a Skywarn Storm Spotter training class.

This training class is beneficial for those who simply wish to become better informed, as well as those who want to be designated storm spotters. The training will be conducted by a Warning Coordination Meteorologist from the National Weather Service.

Individuals are taught the basics of thunderstorm development, storm structure, what constitutes severe weather, and how to report this information.

Additional information on severe weather safety is also covered. This class is a multimedia presentation which includes detailed video.

Training will begin at 6:00 pm and will run approximately two hours, with a break in the middle to allow for questions and refreshments. This training will be held at the time and locations listed below.

Monday, April 3rd 6:00 pm – 8:00 pm – Embassy Community Center, Fosston, MN

Tuesday, April 4th 6:00 pm – 8:00 pm – Knutson Community Center, Fertile, MN

Wednesday, April 5th 6:00 pm – 8:00 pm – Kiehle Auditorium, UMC, Crookston, MN



If you have any questions, please do not hesitate to contact the Polk County Sheriff's Office – Emergency Management Department. We can be reached at 218-470-8263, 218-470-8290, or by emailing jody.beauchane@co.polk.mn.us or jill.moreno@co.polk.mn.us.

We would like to thank you for the opportunity to thank you for your continuing assistance and support.



The Win-E-Mac Elementary 3rd grade classes spent Tuesday, March 14th at the Agassiz Environmental Learning Center in Fertile. A good time was had by all skiing, snowshoeing, building shelters, learning about animal signs and adaptations, discussing water forms and snow/water equivalency, roasting hot dogs and marshmallows over an open fire and so much more.

There are many options, providers for Colorectal Cancer screening

If you think only older people get colorectal (which includes colon and rectal cancer) cancer, you may want to think again.

In truth, colorectal cancer is affecting more and more young adults.

According to the American Cancer Society, colorectal cancer rates for people under age 50 have increased by 1 to 2% each year since 1990. Therefore, the recommended age for screening was lowered to 45 from 50 in 2021.

March is Colorectal Cancer Awareness Month and a great time to be screened. At RiverView Health, general surgeons Dr. Brett Vibeto and Dr. Huy Nguyen and gastroenterologist Dr. Max Miranda offer colonoscopy and other screenings to find precancerous polyps — abnormal growths — that can be removed before they turn into cancer.

Screening also helps find colorectal cancer early, when treatment works best. Colorectal cancer screening saves

lives.

Cancer is the second leading cause of death in the United States, exceeded only by heart disease. One of every five deaths in the United States is due to cancer. In 2019, the latest year for which incidence data are available, in the United States, 142,462 new cases of colorectal cancer were reported, and 51,896 people died of this cancer. Statistics show that if everyone 45 and older were screened regularly, as many as half of the deaths from colorectal cancer could be avoided.

The risk of getting colorectal cancer increases with age as polyps become more common. Other factors that increase your risk include having a diet that is low in fiber and high in fat and having a sedentary lifestyle. Men and women are equally affected by colorectal cancer.

Your primary care provider may advise you to be screened earlier if you have a family history of colorectal cancer or

polyps or have a personal history of inflammatory bowel diseases, such as ulcerative colitis or Crohn's Disease. Several inherited disorders greatly increase your risk of colorectal cancer.

Symptom free? Screen anyway

Just because you do not have any symptoms, it does not mean you are in the clear for colorectal cancer. Precancerous polyps and colorectal cancer do not always cause symptoms, especially initially. You could have polyps or cancer and not know it. That is why screening is so important.

Some symptoms that may indicate colorectal cancer include:

- Rectal bleeding.
- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.
- Constant fatigue.
- Change in bowel movements.



5 common identity theft scams

Consumers can never let their guard down when it comes to identity theft. Personal information is much more accessible in an increasingly digital world. Consequently, instances of identity theft and consumer fraud continue to grow.

- The Identity Theft Research Center (ITRC) reported a record number of data compromises in the United States in 2021, amounting to a 68 percent increase over 2020.

- The Federal Trade Commission's Consumer Sentinel Network received more than 5.7 million reports of fraud and identity theft in 2021.

- Many North Americans have been victims of COVID-19-related fraud, including scams involving fake testing, vaccines and treatments, and charities.

The FTC says identity theft is when someone uses your personal or financial information without your consent. Commonly stolen data includes addresses, credit card numbers, bank account information, Social Security numbers, or medical insurance numbers.

Though thieves can gather information by intercepting it through digital channels or simply by stealing mail or going through trash, many times people inadvertently share personal information with scammers themselves. Here's a look at five common scams.

1. Phone scams: Phone scams may involve telemarketers trying to sell you something in exchange for personal information given over the phone, as well as people impersonating government agencies or credit card companies. "Please confirm account information" or "We'll need your financial information to process" are some of the phrases these scammers utilize. Never give out personal information over the phone unless you've confirmed the individual you're speaking to is legitimate.

2. Text links: The Pew Research Center says 81 percent of adult mobile phone users use text messages regularly. Scammers utilize text messages to try to gain information. The text includes a link to a site that will request personal information. Do not respond to such texts and avoid clicking on the links.

3. Phishing emails

Phishing emails look like they are coming from legitimate sources, but they often

contain malware that can infiltrate computers and other devices to steal identity data.

4. Medicare card verification: Older individuals long have been targets of criminals. Seniors are now being called, emailed or even visited in person by scammers claiming to represent Medicare. Perpetrators of this scam offer new services or new chipped Medicare cards in exchange for verification of Medicare identification numbers.

5. Data breaches: It's not just a home computer or phone breach you need to worry about. According to ARAG Legal, security experts indicate many major companies are being breached. By the time it's discovered that data was stolen, your personal information, which usually includes credit card numbers, email addresses and home addresses, has been circulating for some time.

Consumers must exercise due diligence to protect their personal information.

11 tips for cooking fish

Many Christians are preparing for Lent, when repentance, fasting and abstinence are part of the journey toward the celebration of Easter.

It's common to avoid animal products like beef, pork, lamb, and poultry during Friday fasts in Lent, with most people turning to fish to serve as the protein in their meals.

Fish and other seafood may not be part of individuals' normal dietary routines.

These tips can set the course for success when cooking fish.

1. Seafood should have a mild, fishy aroma. If it is overpowering, the fish may be spoiled. In regions where fish has to be transported inland great distances, it may be best to purchase frozen fish so it's less likely to be past its prime.

2. Most fish is cooked when the center is opaque and the fish flakes easily with a fork. Fish can be fried, poached, steamed, baked, or grilled.

3. Baking fish is one of the easier methods to master, particularly if you're prone to overcooking fish. Set the oven to 450 F to cook the fish fast and evenly. Thin fillets need around 8 minutes, while thicker cuts may require 15 to 20 minutes.

4. Pat the fish dry before cooking, as extra moisture can cause the fish to steam instead of sear, resulting in a mushy

final product.

6. Choose the right fish for the recipe. For example, a chowder or paella will require a more sturdy fish, such as cod, while a more delicate fish will fall apart if simmered.

7. If you want crispy skin on fish, start it in the pan with the skin side up. Afterwards when you flip the fillet, it will crisp nicely.

8. Choosing a variety of seafood in a recipe might mean managing different cooking times. Investigate your ingredients and figure out when to add them to the mix. Shrimp or mussels, for example, cook rather quickly, so they tend to be added during the final phase.

9. If you will be frying fish, make sure not to overcrowd the pan so that the temperature remains consistent and will produce crispy results.

10. Watch for bones. Some fish, including trout and salmon, have a double rib cage, and that means small pin bones. Remove the bones by pressing the flesh with your fingers and using a tweezer to grab the pin bones.

11. For more professional flipping results, purchase a fish spatula, which can get underneath fillets without tearing them apart.

These tips will help with successful preparation.

- Discomfort in or the urge to move your bowels when there is no need.

If you have any of these symptoms, the only way to know what is causing them is to see your provider.

Healthy Living goes a long way

While there is no way to eliminate the risk of developing colorectal cancer entirely, there is evidence that you can reduce your chance of getting it by doing the following:

- Have a diet that is rich in fiber; eat plenty of whole grains, fruits, and vegetables
 - Eat cabbage, broccoli, cauliflower, and Brussels sprouts often
 - Avoid foods that are high in fat, particularly saturated fat
 - Eat foods that are high in calcium
 - Exercise regularly
- If you are 45 or older, talk to your primary care provider about screenings available at RiverView Health, or call 281.9595 for more information.

Bill to establish early voting heard in MN Senate

The bill would require early voting for certain elections for 18 days before election day, including certain required days and hours.

A bill to establish early voting, SF 1434 (Sen. Bonnie Westlin, DFL-Plymouth) was heard on March 2nd in the Senate Elections Committee. The bill was amended with a delete-all amendment to make changes to the original bill and was laid over for possible inclusion in an omnibus bill.

Its companion bill, HF 558 (Rep. Luke Frederick, DFL-Mankato), is scheduled for a hearing on March 8th in the House Elections Finance and Policy Committee.

The League continues to work with the bill authors to share the impacts this bill will have on cities.

What's in the bill Under this bill:

- Early voting would functionally operate the same as election day for the voter experience and eliminate the in-person absentee voting process (or, direct balloting) that requires an absentee ballot application. A voter would still be able to vote by absentee ballot by mail or by a ballot drop box.
- A voter would be able to utilize early voting in person in a federal, state, or county election prior to the date of the election. Early voting would be required to be available for ev-

ery primary, general, and special election.

- In city elections not held in conjunction with a federal, state, or county election, the city would authorize eligible voters to vote by early voting upon adoption of a resolution by the governing body. A city would only be eligible to authorize early voting if the municipal clerk has the capacity to access the statewide voter registration system (SVRS) and have the technical prerequisites necessary to ensure the security, access controls, and performance of the SVRS and have all required training.

Proposed time period & hours for early voting

The original bill would establish a 30-day timeline for early voting, but the delete-all amendment changed that timeline to 18 days, ending at 3 p.m. on the day before the election.

Under this bill, early voting must be available in each early voting polling place between the hours of 8 a.m. and 4:30 p.m. on each weekday during early voting days, from 8 a.m. to 8 p.m. on one weekday each week, and from 9 a.m. to 3 p.m. each Saturday and on the Sunday before the election.

A ballot board would be able to begin processing absentee ballot envelopes after the close of business on the day prior to the beginning of the early voting period.

Locations for early voting

Under the bill, early voting must be made available at:

- Polling places in the county auditor's office.
- The municipal clerk's office in every municipality that has been delegated the responsibility to administer absentee voting or which is conducting an election that includes early voting.
- Any other county or city-owned or operated buildings designated by the county auditor or municipal clerk.



The second winner from the Neil's Quality Meats & More Let's Get Lucky Event was Ethel Shimpa from Erskine. Congratulations.



An invitation to Easter celebration at Grace Lutheran Church

Grace Lutheran Church of Erskine will hold several opportunities to Worship during Holy Week.

It begins with **Palm / Passion Sunday on April 2nd.** Worship with Holy Communion will be at 10:30 a.m. A presentation of the Passion of Our Lord will be presented by members of Grace Church. The Sunday School will share special music.

Good Friday, April 7th, begins with a 12:00 noon Meditation. A Tenebrae Worship Service will begin at 7:00 p.m.

Easter Sunday Worship with Holy Communion begins at 10:30 a.m.

We welcome you as we come together to worship and rejoice in the resurrection of Our Lord.



Save the date:

The McIntosh-Winger Class of '73 would like to invite members of the classes 1971-1975 and former teachers for a night to reconnect with old friends on Saturday June 10, 2023 starting at 6:00 pm at the Winger Community Center. More details will be available later.



Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. April 3: Turkey Gravy over Egg Noodles - Broccoli - Apple Slices - Wheat Rolls - Leon's Sugar Cookies - Milk

Tues. April 4: *Bingo* Swedish Meatballs - Mashed Potatoes - Country Gravy - Carrots - Wheat Bread - Cantaloupe Cubes - Milk

Wed. April 5: Roast Beef - Mashed Potatoes & Gravy - Corn - Wheat Bread - Peaches - Milk

Thur. April 6: *Bingo* Turkey Burger - Scalloped Potatoes - Mixed Vegetables - Corn Muffins - Fruit Crisp - Milk

Fri. April 7: Parmesan Baked Chicken - Rice Pilaf - Green Beans - Breadsticks - Cinnamon Rolls - Milk



Wed. March 29: Chad Haas, Dean Roy, Norma Ness, Keith Kleven

Fri. March 31: Tom Hegre, David Kiecker, Amanda Schow, Cannon Schow

Sat. April 1: Dylan Burslie, Logan Simonson, *Wendall & Judy Webster

Mon. April 3: Brian Weber

Tues. April 4: Destiny Hedlund, Ella Finseth

FCA early enrollment

Freedom Christian Academy in Erskine will hold an early enrollment Open House for students preschool and up.

The event will take place on Thursday, March 30th from 4:00 pm to 7:00 pm at the school located at 505 Ward Avenue in Erskine.

If you have any questions, please contact Holly at 218-280-6190 or email kindergartent@fcaerskine.org.



ST. MARY'S CHURCH Fosston
Fr. John Suvakeen, Pastor

Wed. Mar. 29: 5:30pm Mass at St. Mary's, Fosston

Fri, March 31: 8:45am Mass at St. Mary's, Fosston

Sun, April 2: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. April 5: 5:30pm Mass at St. Mary's, Fosston

Fri, April 7: 8:45am Mass at St. Mary's, Fosston

Sun. April 9: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. April 2 10:00am Coffee Hour; 10:30am Worship Services

Sun. April 9: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

GOSEN LUTHERAN CHURCH Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun, April 2: 9:30am. Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, April 4: 10:00am. Sunday worship service telecast on GVTV--30

Wed, April 5: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC) McIntosh
Pastor Lee Laaveg

Sun. April 2: 9:00am Worship

Sun, April 9: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

GRACE LUTHERAN CHURCH-NALC Erskine
Rev. Pam Thorson

Sundays: 10:30am Worship

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

BUSINESS & PROFESSIONAL GUIDE

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MN agencies offer suicide prevention trainings to equip rural ministry leaders

Free classes to take place this spring.

The Minnesota Department of Agriculture (MDA) and the Minnesota Department of Health (MDH) are partnering to offer free suicide prevention trainings for rural faith leaders this April and May. Clergy and lay leaders who serve rural congregations of all faiths and denominations are welcome.

“Faith is an important cornerstone in the lives of many farm families, but we’ve learned that pastors, priests, and other faith and spiritual leaders often don’t discuss suicide prevention techniques during their religious training,” said MDA Commissioner Thom Petersen. “With rural suicide rates being 2.5-3 times higher than the national average, teaching these skills to trusted community members like clergy is crucial.”

These trainings will help teach faith leaders how to recognize and engage with someone who is having suicidal thoughts, connect that person to help, and support family and community members affected by suicide. The four-week training pairs an online curriculum from LivingWorks Faith with weekly discussion sessions held via Zoom. Participants will discuss the approaches they learn in a pastoral context with peers in their region of the state.

LivingWorks Director of Faith Community Engagement Glen Bloomstrom will facilitate the training, along with several other LivingWorks team members.

The training for faith leaders in the northern half of Minnesota starts April 18, while the southern Minnesota training starts April 27. Enrollment is free but is limited to 40 participants, and pre-registration is required. Full details and registration can be found on Eventbrite:

2023 dates: April 18, 25, May 2, 9 (on Zoom, 12:00 – 1:30 p.m.)

Who should attend? Clergy (priests, pastors, associate pastors, teaching elders, serving catholic deacons) and lay ministers who serve rural congregations.

Why is this training important? Rural suicide is 2.5-3 times higher than the national rate and frequently shrouded with stigma. Clergy and ministry leaders are sought out for help, but often have little training in knowing how to encourage help seeking, how to ask about thoughts of suicide, and/or how to provide minis-

try after a suicide attempt or death.

What will I learn? Together with a cohort of other faith leaders, you will learn approaches and skills that equip you for prevention, intervention, and postvention (bereavement) tasks -- so you can effectively care for people struggling with thoughts of suicide or impacted by suicide.

- 6-hour training. While it draws heavily on Christian theology, clergy of all faiths are welcome.

- Hear insight, stories, and guidance from over a dozen clergy and people with lived experience.

- Learn how to engage people currently thinking about suicide and connect them to help.

- Learn how to provide pastoral care to bereaved people following a suicide.

- Use exercises to practice your skills and tools to plan for future ministry.

This training combines LivingWorks Faith, a comprehensive online suicide prevention course designed especially for

MN Winter load increases end & Spring load restrictions start

The Minnesota Department of Transportation will end winter load increases – and start spring load restrictions – in the North-Central and North zones Wednesday, March 29, 2023 at 12:01 a.m.

- Spring load restrictions are already in effect in the other zones.

- Seasonal load limit zones and restricted routes can be found on the MnDOT load limits map.

- Start and end dates and other load limit information are shown at mndot.gov/load-limits.

Overweight permits for more than 80,000 pound gross vehicle weight will continue and new permits will be issued if all axle and group weights are legal (axle weight limits).

Full-summer overweight permits can be issued, during the spring load restriction period, for travel on the interstate system only.

Middle-range overweight permits become available within each zone when spring load restrictions are lifted. Full-summer overweight permits become available two to three weeks after spring load restrictions are lifted.

Ending dates for spring load restrictions are variable and based on how weather is affecting roadway strength.

ministry leaders, with four weekly virtual discussion groups (Tuesdays, noon - 1:30 p.m.) These interactive sessions help participants explore content and experiences in a learning group of peers while practicing new skills. At the end of the program, the Minnesota Department of Health Suicide Prevention Program will host an in-person capstone gathering to strengthen connections and identify further opportunities for the communities you serve.

Facilitator: Glen Bloomstrom, M.Div, M.S., LivingWorks Director of Faith Community Engagement, with other members of the LivingWorks staff. Email: FaithMN@livingworks.net

This training builds on the MDA/MDH Suicide Prevention for Rural Faith Leaders conferences held in Bemidji and Mankato during the fall of 2022 and is partially underwritten by Farm and Ranch Stress Assistance Program award #2021-70035461 from the USDA National Institute of Food and Agriculture.

MnDOT will report start and end dates on its 24-hour automated message center at 1-800-723-6543 for the U.S. and Canada, and locally at 651-366-5400 for the Minneapolis/St. Paul area.

- For questions about legal axle weight during SLR; Gross Vehicle Weight Schedule, call: Minnesota Department of Public Safety

- State Patrol – Commercial Vehicle Enforcement 651-350-2000

- For questions about over-size/overweight loads/permitting call: Minnesota Department of Transportation

- Freight and Commercial Vehicle Operations – Oversize/Overweight Permits call 651-296-6000 or email: ofcvpermits.dot@state.mn.us

All changes are made with a minimum three calendar-day notice.

For the most current information, go to MnDOT’s automated 24-hour message center at 800-723-6543 for the U.S. and Canada, or 651-366-5400 for the Minneapolis/St. Paul area.

This information is also published on the MnDOT seasonal load limits website at mndot.gov/loadlimits.

For updated road condition information, call 511 or visit www.511mn.org.



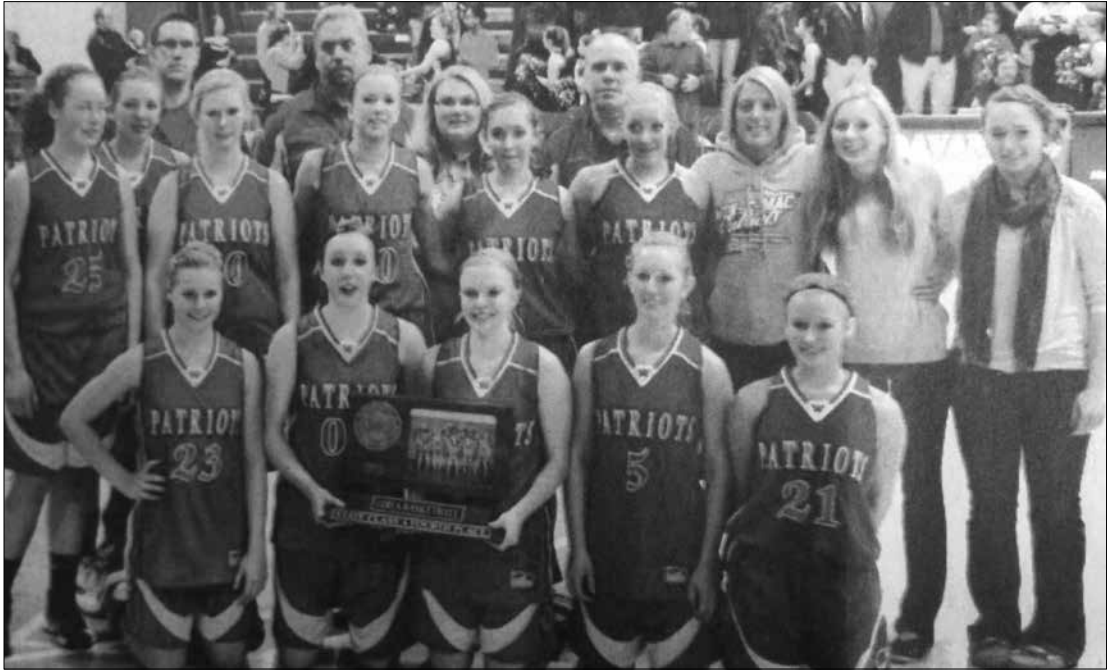
40 years ago...1983: The beard feud originates: Last Saturday morning, Brush Officers Bruce Haaven and Lowell Ostenson put the pinch on the accused, Ordell Aanenson and Albert Mandt. The later pair had been enjoying coffee at Sylvia's when they were nabbed.



30 years ago...1993: The First Grade students at Win-E-Mac had a 'really green' party to celebrate St. Patrick's Day, and they enjoyed treats of green cupcakes, green grapes and other Irish green Treats. (front, l-r) Bradley Strand, Kristi Schow and James Sullivan. (Back) Adam Jore, Matthew Mahlen and Brittany Olson.



20 years ago...2003: The Win-E-Mac Knowledge Bowl Tournament Team will participate in the State Competition. They competed in the Regional Contest advancing to the State meet. Congratulations to (back, l-r) Eric Strand, Coach Ann Vesledahl and Robbie Jensen, (seated) Evan Johnson, Brad Strand, and Brandon Kiecker.



10 years ago...2013: Congratulations Win-E-Mac Patriots girls basketball on your successful season and your trip to the MSHSL State Tournament. The team finished 4th in State. Pictured: (l-r) front: Madison McKeever, Shelby Kaster, Kylee Mandt, Korbyn Ross, Kara Pontstiel; middle: Alayna Espeseth, Hannah Rolf, Katelyn Sullivan, Kelsey Knutson, Emily Ferden, Madison Juhl Courtney Maruska, Kaysee Mandt, Jessica Kasprzak; back: Coach Ian Hanson, Coach Paul Kaster, and Coach Bill Solheim.

Prepping for syrup season

In Minnesota, sap usually runs from about March 15th to April 20th. Sap begins running when the temperature is mild during the day and freezing at night, but it's a small window—too cold and the sap won't have started running, and too warm (usually above 55 degrees) will cause the sap to dry up.

You might think you need dozens of trees and lots of time to make maple syrup. It does take time, but even if you only have one or two backyard trees that are 10 inches or larger in diameter you can tap them to

collect sap. Just be prepared to collect a lot of sap in order to make your syrup. Sugar content varies by tree species, but on average 43 gallons of sap are required to produce 1 gallon of syrup—that means 42 gallons of water must be evaporated!

To make sap collection easier, you can use a spile made to be connected to food-grade tubing. Cut a 3- to 4-foot length of tubing and attach it to the spile, and put the open end of the tubing into a plastic water jug. To keep the sap from spoiling it has to be kept cold. Bury

the jug in a snowbank and check it once a day. The sap should be kept cold until you are ready to boil.

You can freeze the sap and boil it when you have gathered enough to process. Allow the sap to thaw in the jugs. When there is a fist-sized chunk of ice in the jug, cut the jug open and pour the thawed sap into the pot. Take the remaining ice chunk and use it to cool off—it will have very little sugar left in it. Adding it to the boiling pot just makes the boiling process take longer and will result

in darker syrup.

The sap can be boiled down in the pot, although a shallow pan will allow for quicker evaporation. The pot that comes with a propane turkey cooker works well. Just be sure that this initial boil is done outdoors. If you boil sap indoors, the evaporated water can peel wallpaper and discolor paint.

When the sap in the pan begins to boil over, it may be getting close to syrup. Of course there is a specific sugar content that defines syrup. For producing syrup for home consumption it comes down to your preference.

- Test the syrup by dipping a large spoon into the boiling

sap.

- Allow the spoon to cool, then allow the sap to drip off the side of the spoon.

- If it runs off, more boiling is needed.

- If it spreads out before dripping off the spoon, it is close to done.

- If the sap forms a sheet coming off the spoon, then it may have boiled too long. Syrup that has been boiled too long (boiled beyond the syrup stage) will crystallize in the canning jar.

The difference in time between when the sap is almost syrup and when it begins to burn is surprisingly short. To prevent burning the sap, moni-

tor the pot closely. A watched pot doesn't burn.

When the sap has boiled down to where it has nice color, smells like syrup, and before it begins to spread out as it drips off the side of the spoon, bring it indoors and finish boiling it on the stove. Use a thermometer to find that sweet spot where it becomes syrup at about 217 degrees.

If you have access to a few maple trees you can make maple syrup – remember, it only takes one or two trees to collect enough sap. Syrup making is a fun hobby, and though there are many steps that seem finicky, it is surprisingly easy to do.

What to do after being diagnosed with high blood pressure

Hypertension, a condition marked by abnormally high blood pressure, is more common than many people may recognize.

A 2021 report from the U.S. Department of Health and Human Services indicated that nearly half of adults in the United States, or roughly 116 million people, have hypertension. And hypertension isn't exclusive to Americans, as the World Health Organization notes that the number of people living with the condition has doubled to 1.28 billion since 1990.

Despite its prevalence, hypertension is not normal, nor is it something to take lightly. In fact, the American Heart Association notes that, if left undetected or uncontrolled, hypertension can lead to an assortment of serious, and potentially deadly, conditions, including heart attack, stroke, heart failure, and kidney disease.

Since the threat posed by high blood pressure is so significant, it's imperative that individuals know what to do upon being diagnosed with hypertension. The AHA notes that individuals diagnosed with hypertension can try various strategies to get their number down to a normal, healthy range.

- **Eat a healthy, low-salt diet.** A diet that's rich in fruits, vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils ensures people are getting ample nutrition from healthy sources. The



DASH (Dietary Approaches to Stop Hypertension) eating plan is designed specifically to help people manage their blood pressure and emphasizes limiting salt, red meat and foods with added sugars, including sweets and sugary beverages. It's important that all people, and especially those with high blood pressure, limit their salt intake, as sodium is known to increase blood pressure.

- **Avoid excessive alcohol consumption.** The AHA notes that excessive alcohol consumption can raise blood pressure. In addition, despite what popular misconceptions may suggest, there is no evidence to suggest that red wine consumption is good for heart health. Like other alcoholic beverages, red wine should be consumed in moderation, if at all. The AHA urges individuals to limit their alcohol intake to no more than two drinks per

day for men and no one more than one drink per day for women.

- **Exercise regularly.** Routine exercise benefits the heart in myriad ways, including helping people control high blood pressure. Individuals recently diagnosed with high blood pressure who are unaccustomed to physical activity should work with their physicians and a personal trainer to design an exercise regimen that's within their abilities. As their bodies get used to increased physical activity, people can then work with the same individuals to tweak their routines so they can keep making progress toward their fitness goals. Routine exercise also helps to reduce stress, which the AHA notes is another step people with hypertension should take to lower their blood pressure.
- **Shed extra weight.** Each of the aforementioned strategies can help people shed extra weight, which is another step the AHA recommends for people with high blood pressure. The AHA notes that losing as few as 10 pounds can help to manage high blood pressure. Maintaining a healthy weight also reduces strain on the heart, thus lowering the risk for high blood pressure and the conditions that can arise from it.

More than 1.2 billion people across the globe are currently living with high blood pressure. Taking steps to reduce hypertension is a great way to promote long-term health and overcome this often silent killer.

Lowering blood sugar may reduce Alzheimer's risk

Aging is associated with certain ailments, some of which concern seniors more than others. One of the conditions many older adults worry about is dementia, particularly in the form of Alzheimer's disease. Though there's no cure for Alzheimer's disease, recent research suggests reducing blood sugar may be associated with a lower risk.

Doctors and researchers have determined a link between high blood sugar levels and the formation of dementia, which includes a loss of memory and thinking skills that afflicts millions of older people. A 2013 study published in the New England Journal of Medicine found that, even when diabetes was not evident, there is a correlation between sugar and dementia.

A blood sugar level above normal levels (depending on activity level and weight, among other factors) can contribute to an elevated risk of developing dementia. Furthermore, a longitudinal study published in 2018 in the journal Diabetologia, which followed 5,189 people over 10 years, found those with high blood sugar had a faster rate of cognitive decline than those with normal blood sugar - whether or not those blood sugar levels classified the people as being diabetic.

The link could be due to an enzyme that breaks down insulin. Insulin-degrading enzyme, a product of insulin that breaks down both insulin and amyloid proteins in the brain, which are the same proteins

that can lead to Alzheimer's disease, is a factor in the connection to dementia. Melissa Schilling, a professor at New York University, reviewed studies and found that people who have type 1 diabetes and don't produce enough insulin can't break down the amyloid proteins naturally. Furthermore, those who take insulin to treat diabetes can end up with a surplus of insulin in the body. The insulin-degrading enzyme gets used up trying to break the surplus down. This doesn't leave enough enzyme to tackle amyloid brain clumping proteins. These same scenarios can occur in people if their blood sugar levels are elevated, even if they don't have diabetes yet.

Data published by Harvard Health Publishing indicates "any incremental increase in blood sugar was associated with an increased risk of dementia." Individuals who have elevated blood sugar levels, or roughly 100 mg/dL or higher after a fast, can tame sugar levels by exercising, losing weight and shifting away from highly refined grains.

Individuals also may want to favor a Mediterranean style of eating, which focuses on fish, olive oil, fruits, vegetables, and beans over a processed carbohydrate- and sugar-laden diet.

High blood sugar is another factor linked to the formation of Alzheimer's disease and other dementias. Making lifestyle changes can keep seniors healthy throughout their golden years.



WEM School Announcements

Spring sport pictures will be Wednesday, April 5th at the Win-E-Mac school.

Fitness Center is open, locker rooms closed. The Fitness Room locker rooms will be closed for all outside patrons until June 2023. The school will need to use these rooms for instructional purposes. The bathrooms located on the opposite side of the Fitness Room entrance will remain open.

Memory Night Boy/Mom Style is Saturday, April 15th. To register or for more information see form on school website www.wemschools.org

Preschool/Early Childhood Screening is a free and simple check of your child's growth, development, and learning.

A trained professional will check the following:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

Polk County Public Health (Bjella Building) in McIntosh Contact Heather Earls at Win-E-Mac to schedule an appointment for your child to be screened. hearsl@win-e-mac.k12.mn.us; Win-E-Mac: 218-563-2900



All prom attendees must be signed-up and pay attendance fees ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom. Attendees are expected to wear formal attire if possible. Sophomores and former graduates (under age 21) may attend as a guest of a WEM senior or junior. The cost to attend is \$20 each. Return forms (from Mrs. Winter's room) with payment directly to Mrs. Winter.

Did you know?

Barbie figures to make headlines in the summer of 2023, as a big budget Hollywood film focusing on the popular doll is set for release in July.

Introduced in 1959, the Barbie doll has become a global icon and even inspired a painting by famed artist Andy Warhol in the 1980s.

Though the precise number of Barbie dolls sold since 1959 is hard to determine, according to Mattel, which manufactures the doll, roughly 58 million Barbie dolls are sold every year. That equates to around 100 Barbie dolls sold every minute.

That means Barbie has not only proven an enduring icon, but also a lucrative one. And her popularity doesn't figure to wane any time soon, as Mattel reports Barbie has more than 14 million fans on Facebook and in excess of 1.2 million followers on Instagram



Congratulations to the Win-E-Mac High School Knowledge Bowl team for advancing to the Regional competition. Pictured: Wyatt Davis, Jamie Stuhr, Ella Strom, Nadelly Neubert, Johnathan Moritz and Vadim Kulikov.



Students from Win-E-Mac school participated in the first Junior High Knowledge Bowl competition of the year. There were several teams and they did very well, with one of the teams taking 3rd place. Win-E-Mac Knowledge Bowl team Junior High team members from left to right: Ella Subbert, Macie Haskett, Karlie Schow, Lauren Kaupang, Riley Kochmann, Joy Neubert, Charley Carlson, Hayden Johnson and Ensley Haskett. Front row: Ella Langemo, Clara Kolden, Paige Breitbach, Chloe Howard, Adylade Hickman and Josie Johnson.